



Certificate course in
Ayurvedic Basics



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This program is intended to provide basic education of Ayurvedic principles and philosophy to the students.



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Objective

To acquire a comprehensive education in Ayurveda to develop a deep understanding of traditional Indian holistic healing practices, herbal medicine, and wellness principles with modern knowledge, in order to promote holistic health and well-being. Through a structured education, we aim to develop proficiency in Ayurvedic principles,

Course Curriculum

Core syllabus

- Philosophy of Ayurveda / Ancient Secrets
- Four Pillars to achieve optimum Health (Chatuspaad)
- Qualities of a Vaidya (Healer) & How to be a successful Practitioner (Healer)
- Panchamahabhuta - Five elements of nature
- Deep understanding of Tridosha - Three basic energies
- Profound knowledge of Sapta Dhatu - Seven body tissues
- Pillar of health - Agni - Digestive fire
- Cause of illness - Aam - Toxins
- Ojas and Immunity
- Trimala - Three excretory elements of the body
- Triguna - Psychology governing factors
- Body Constitution (Prakriti), Principle of Uniformity (Samanya Siddhanta) & Non-Uniformity (Vishesha Siddhanta), Practical applications
- Suppressible and Non-Suppressible Natural Urges
- Health issues caused due to suppression / non-suppression and its management
- Daily Regimen (Dinacharya), Seasonal Regimen (Ritucharya), How to remain Healthy by adopting both in our lives
- Maintaining the Equilibrium of Health

- What is Swasthavritta & Sadvritta (Code of Good Conduct), Importance & Implementation of Sadvritta, Disorders caused by not following Sadvritta
- Principle of Ayurveda / Ancient secrets on dietetics & lifestyle
- Special diet for each Dosha

- **Diet – lifestyle – home remedy for various health conditions like,**

- Diabetes
- Hypertension
- Acidity
- Skin related health challenges
- Psychological health challenges
- Low immunity
- Autoimmune related health challenges
- Joints related health challenges
- Obesity and high cholesterol
- Heart related health challenges
- Kidney related health challenges
- Pregnancy and lactation
- Child related health challenges



- **Home remedies**

- Various medical issues can easily be dealt with things found in and around our home
- Home remedy has more potency as you get it fresh
- Proven and effective home remedies

- **Pulse diagnosis part 1**

- The history and philosophy of pulse diagnosis
- Pulse as described in ancient secrets literature
- How to feel the pulse
- How to feel any of Dosha (Vata – Pitta –Kapha) balance or imbalances
- How to find Aam
- How to find and determine the condition of Agni (metabolic fire)
- How to find the location of the health problem in the body
- How to sense and interpret Dhatu Dushti (tissue imbalance)
- How to sense and interpret blocks in any of the strotas (channel)



- Marmaa shakti part 1

Pain reducing marmaa including

- Shoulder marmaa
- Neck marmaa
- Lower back marmaa
- Sciatica marmaa
- Knee marmaa



- Panchkarma therapies part 1

- 30+ Ayushakti treatments
- Who can be benefited with the therapy
- How to prepare the material
- Guidance of the process

Outcome

Completing a certificate course in Ayurvedic Basics can offer numerous benefits, both personally and professionally. Here are some key points:

- **Holistic Health Understanding:** Gain a comprehensive understanding of Ayurveda, which emphasizes holistic health and wellness, focusing on the balance of mind, body, and spirit.
- **Complementary Knowledge:** Complement existing knowledge and skills for professionals in fields such as yoga, massage therapy, nutrition, and conventional medicine, providing a broader approach to health and wellness.
- **Enhanced Client Services:** For those already in health-related professions, offering Ayurvedic insights can enhance client services by providing personalized wellness plans and natural treatment options.
- **Preventive Health Strategies:** Learn preventive health strategies that can help in early detection and management of potential health issues, promoting long-term wellness.
- **Improved Quality of Life:** Apply Ayurvedic principles to improve overall quality of life, including better sleep, increased energy levels, and a more balanced lifestyle.

Mode of class: HYBRID

- 2 hours 2 sessions every month for 10 months – online 60 hours
- 8 days in person learning / practice – 8 hours * 8 days =64 hours
- 27 hours self-study per week for 10 months – 27*4*10=1080 hours

Eligibility

- Any Medical practitioners (BAMS, MBBS, BHMS)
- Naturopath, Osteopath, Chiropractors, Healthcare, and Wellness practitioners, Heilpraktiker
- Alternative Practitioner
- Any Medical students

Duration: 1 year

- 1200 Hours (Class, Self study, Practice, and Attempting Evaluation)

Evaluation method

- After each session, online MCQ type assessment to be attempted within 1 year from registration
- To show/do practical demo and to attempt VIVA session
- Submission of practical



After successful completion of all assessments you will be able to download Certificate of Completion accredited by ATAB

To register click on ENROLL NOW on below given link



<https://education.ayushakti.com/course/CertificateCourseinAyurvedicBasics-64910>

For any query or required assistance contact details:



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